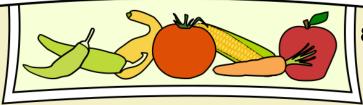
# Norton Friends & Farmers Market

Tuesday, Sept. 27, 2016 4-6 PM



815 Park Ave., S.W. **Downtown Norton Rain or Shine** 

The Best of Home Grown, Home Baked and Hand Crafted by Local Farmers, Bakers and Artisans

# Recipe of the Week

### **Okra Patties**

#### Ingredients

- 3 cups vegetable oil for frying
- 1 pound okra, finely chopped
- 1 cup finely chopped onion
- 1 teaspoon
- salt



- 1/4 teaspoon pepper
- 1/2 cup water
- 1 egg
- 1/2 cup all-

#### purpose flour

- 1 teaspoon baking powder
- 1/2 cup cornmeal

#### **Directions**

- 1. Heat 1 inch of oil in a large skillet to 375 degrees F (190 degrees C).
- 2. In a large bowl, mix together the okra, onion, salt, pepper, water and egg. Combine the flour, baking powder and cornmeal; and stir that into the okra mixture.
- 3. Carefully drop spoonfuls of the okra batter into the hot oil, and fry on each side until golden, about 2 minutes per side. Remove with a slotted spoon, and drain on paper towels.

allrecipes.com

### **Thank you Farmers,**

**Vendors, Volunteers and Customers for such a great** 





## What's at the Market this Week

**Our terrific Farmers and Vendors** bring us a variety of goods this week:

#### Baked Goods & Sweets:

Fried Pies, No Bake Cookies, Pumpkin Roll, **Chocolate and Wheat** Breads.



### Fruits and Vegetables:

Red, Green, Tommy Toe, and Cherry Tomatoes, Potatoes, Eggplant, Cucumbers, Yellow Squash, Zucchini, Okra, Pears, Greasy and White Hasting Green Beans, Peppers, Pump-



kins, and Ginger **Gold and Cortland** Apples. Ginger **Gold Apples are** buy one basket, get one basket.

(What's at the Market continues on Page 2)

Like us on Facebook at Norton Friends and Farmers Market and visit our website at www.nortonva.gov/farmersmarket

### **Norton Friends & Farmers Market**

Real Farmers...Real People...Real Community

### What's at the Market this Week

### **Meat and Dairy:**

Fresh Eggs, Pork Meat, and a Variety of Goat Cheeses.



#### **Canned Goods:**

Apple Butter, Peach Butter, Bread & Butter



Pickles, Pickled Okra,
Dilly Beans, ChowChow, Traffic Jam, Hot
Pepper Relish, Mixed
Hot Peppers, and Honey.

### **Crafts and Clothing:**

Plastic Bag Holders, Stuffed Animals, Stenciled Bags, Halloween Treat Bags, Hair Barrettes, and Tea Light Jars.



#### Other Items:

Cornmeal, Lemonade, and a Variety of Goat Milk Lotions and Soaps.



Join the Master Naturalists for a fun and educational nature craft!



Stop by and see the Library to check out and return books!

# What Else?

We accept SNAP/EBT!
Double your SNAP
Dollars every Market
up to \$25. These Double Dollars can be
spent on Fruits and Vegetables.

We are out of Kids Bucks and Senior Tokens for the 2016 season.

Any remaining Kids Bucks, Senior Tokens, and Wholesome Wave (Double Dollars) Tokens must be spent by the end of the September 27th Market!



Visit the "Welcome" table to register for this weeks Farm Fresh Basket.



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